

PHRASAL VERBS OF MOVEMENT AND CHANGE

BRING UP – to raise a child

I was brought up by my grandparents.

COME ALONG – to move towards you; to happen or exist; to make a progress

They are coming along behind us.

This was the greatest invention that came along in the 1980's.

The arrangements are coming along nicely.

COME BACK – to return

I've just come back from vacation.

COME DOWN – to move from a higher position to a lower one

We met when they were coming down the hill.

COME IN – to enter a room or building

She came in and sat on the bed.

COME OFF – to leave

My mom washed my clothes by hand and the stain came off my pants.

COME OUT – to leave

I saw when he came out of the room.

COME THROUGH – to overcome

It was a difficult situation, but she came through.

COME UP – to move to a higher position; suggest

I could hear him coming up the stairs.

We came up with a plan.

GET BACK – to return

What time do you get back from work?

GO OVER – to move towards someone

I went over to congratulate the parents.

GROW UP – to change into being an adult

I grew up in New York.

LEAVE BEHIND – when you don't take something with you

The box didn't fit in the car, so we left it behind.

MOVE IN - to begin to live in a house or place
I'm moving in on Saturday.

RUN DOWN - to run from an upper place to a lower place
I ran down the stairs.

START OUT - to begin something
He started out his career as a lawyer at his father's law office.

LOWER - to move something to a low position
They lowered the coffin into the grave.
Lower the seat of the exercise machine, please.

RAISE - to lift something to a higher position
Students should raise their hand to ask the question.
You can raise the seat if you want to have a better view.

GET UP

LOOK FOR

LOOK AFTER

BREAK OUT - to start suddenly (about war, fire, disease), escape from a prison
The pandemic broke out in 2020.
An extremely dangerous criminal has broken out recently.

PASS AWAY - to die

BACK UP - to support or encourage, make a copy of the information stored on the computer or disk.
You should back up those files as a safety measure.
The new evidence backs up my arguments.

BRUSH UP/BRUSH UP ON - to improve your skills in something
I'm trying to brush up on my French before I go to Paris.

CHEER UP/LIGHTEN UP - to become more relaxed and less serious
I wish she'd lighten up a bit.

COME ACROSS/BUMP INTO - to meet or find by chance
He came across some old friends.

COME UP WITH - to think of; to produce
He's come up with a great idea.

GIVE UP -

COUNT ON -

KEEP AWAY - to (cause to) remain at a distance
Keep away from the crocodiles – they're dangerous!

LIVE UP TO - to behave in a manner worthy of
He found it difficult to live up to his reputation as a hero.

1. In the weekend I usually (wstaję) as late as 11 a.m.
2. Can I help you? Yes, I'm(szukam) a present for my wife.
Could you recommend me something?
3. My friend is on the holidays and I'm (opiekuję się) his puppy.
4. World War II (wybuchła) in 1939 in Warsaw.
5. My grandpa (zmarł) yesterday at the age of 85.
6. I'm sure your wife will (poprze) your decision.
7. I think I must (podszlifować) my English before going to Ireland.
8. (Rozchmurz się)....., the spring is approaching.
9. I (natknąłem się na) these old documents when I was clearing my room.
10. After hours of thinking, I (wpadłam na) the right solution.
11. You can always (liczyć na) Martha. She's a good friend.
12. I (rzuciłem) smoking three years ago.
13. I (dorastałem) in a warm and friendly atmosphere.
14. Listen me son, (trzymaj się z dala) from that girl.
15. The concert was quite good, but it (nie sprostał) our expectations.